



DBHDD

### Special points of interest:

- MH First Aid
- Tree Lighting
- Christmas Parade
- Work Therapy Craft Sales
- Mayors Motorcade
- Blood Drive Honor Roll
- December Menus

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

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## Georgia Department of Behavioral Health & Developmental Disabilities

# ECRH Bulletin

VOLUME 10, ISSUE 10

NOVEMBER 27, 2013

### East Central Regional Hospital

## From the Desk of the RHA - Nan M. Lewis



### Happy Thanksgiving!

Thanksgiving is thought of as the official start of the holiday season. It is a time for gatherings of families and friends, sharing a meal and its leftovers, watching football or parades, getting out the Christmas decorations, and for those bargain-driven shoppers it's going to the stores in the wee hours of the morning to get that best deal!

But most of all, it is a time to reflect on things to be thankful for. It would be negligent if we did not take

this time of year to once again express how thankful we are for each of you. Thank you for the work you do to support recovery and to improve the lives of those you touch, for the energy you have brought to work every day to propel us forward, for your commitment to your peers and your colleagues as you support the team effort of providing quality care. Your accomplishments have been amazing, impressive, extraordinary and inspiring, and there are many who are grateful for what you do. Safe travels to all and enjoy this special time with families. For those who are working the holidays, a very special thanks to you - a hospital never closes and our work never ceases. Those who are working will be provided a Thanksgiving meal in the Cafeteria.

Participation in the Employee Engagement Survey was very good. Thank you for making the time and effort to participate. Also, appreciation goes out to all those who participated in the Charitable Contributions Campaign, especially to Teresa Crouch and Melanie Harris for being the Co-Chairs and being creative and fun in the fund-raising activities.

The Wall of Fame is under construction on the Gracewood Campus. Permits and site preparation has delayed construction on the Augusta Campus, but it will soon start to rise there, as well. You can participate by recognizing someone for a job well done, an impressive act, or an inspirational gesture. Drop by to see the Wall and see our notable employees!

Sincerely,  
**Nan M. Lewis**

### Tidbits of ECRH History

Last week, November 22nd, the nation honored and remembered the 50th anniversary of President John F. Kennedy's assassination. Among the many recollections, three are of particular interest to us at ECRH:

- President Kennedy had a lovely sister who was developmentally disabled.
- In 1962, President Kennedy appointed Dr. Norman Pursley, Gracewood Superintendent, to the President's Committee on Mental Retardation.
- On October 31, 1963, just three weeks before the assassination, President Kennedy signed the COMMUNITY MENTAL HEALTH ACT which aimed to build mental health centers to treat patients in their own communities and return them to "a useful place in society."

This was the last piece of legislation the president signed.

Contributed by Brian Mulherin

## New Employees



**Front Row (L-R):** Latoya Mitchell, CNA 1; Bennell Shaw, Food Service Employee 1; Jessica Johnson, CNA 1

**Back Row (L-R):** Stephen Ferbee, Clerical Worker; Brittany Love, HST 1; Charlie Barker, Food Service Employee 2

**Front Row (L-R):** Pamela Craighead, HST 1; Brittany Veasley, CNA 1

**Back Row (L-R):** Sean Eubanks, HST 2; Sequoia Durant, CNA 1; Patrick Steele, Transition Coordinator



**Mary Freeman, RN**

**Not Pictured:** Brenda Kay, HCA; Wanda Sanders, Behavior Specialist; Enotra Karen Beaty Stiger, Operation Analyst 3

## HR Partners

**NEW CODE FOR 2013!**  
 Did you know that as a Georgia State Employee you can purchase Microsoft Office Professional Plus 2013 for **\$9.95?!**

Go to this link—<https://hup.microsoft.com/> and enter your work email address and this code—**511BAF82C7**.



Microsoft  
**Office 2013**

**Includes:**

Word	Access
Excel	SharePoint
PowerPoint	Publisher
Outlook	InfoPath
OneNote	

**\$399.99 Value!**

## HR Partners...continued

### Jewelry Sale and Silent Auction – A SUCCESS!

A **SHOUT OUT** goes to all ECRH employees who participated in our fund raising events for the 2014 State Charitable Contributions Program (SCCP). Both the Silent Auction and the Jewelry Sale were a HUGE success! **Thanks to YOU**, we raised **\$564.00** from these fund raisers. WOW! That is GREAT!



**THANK YOU! THANK YOU! THANK YOU!!**

**Special thanks** to the individuals and departments listed below who donated a Theme Basket for our first annual, Silent Auction:

- #1 – Diagnostic Services – “Office Supplies”
- #2 – HRM/CIS – “Aroma Therapy”
- #3 – RHA Office – “Backyard BBQ”
- #4 – Hospital Security – “Cajun/Creole”
- #5 – Housekeeping – “A Day at the Spa”
- #6 – Recovery Team Managers – “Family Fun Night”
- #7 – Outpatient Forensics – “Get Well”
- #8 – Dietary – “Cooking with Excellence”
- #9 – Nan Lewis – “PAWSatively the Best”
- #10 – Mental Health Nurse Managers – “Healthy Living, Healthy Eating”
- #11 – Dr. Vicky Spratlin – “In the DAWG House”
- #13 - Laundry – “Autumn Body Works”
- #14 - Cheryl Bragg – “Jewelry”

**Thank you to ALL ECRH employees** who have supported and continue to support the annual SCCPs. Your support and your spirit of giving are overwhelming!

**IT'S NOT TOO LATE to give!** You can still make a charitable donation. It's quick and easy, and you may use a variety of options, including convenient payroll deductions. Also, you can make a choice in where your donation goes through designated giving options. Each of the options is explained in detail at [www.giveattheoffice.org/sccp/](http://www.giveattheoffice.org/sccp/). The 2014 SCCP ENDS Friday, December 6<sup>th</sup>. **“Give TODAY - Change TOMORROW!”**

Melanie Harris, SCCP Co-Chair for ECRH  
Teresa Crouch, SCCP Co-Chair for ECRH

## EAST CENTRAL REGIONAL HOSPITAL

## 2013 Christmas Parade

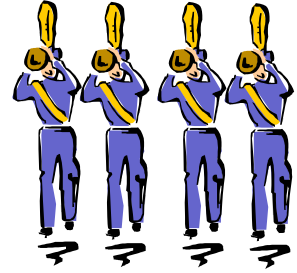
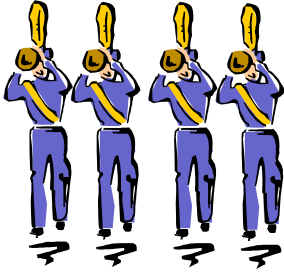
## GRACEWOOD CAMPUS

(Off Tobacco Road)

DECEMBER 4, 2013

1:00 PM – LINE UP

1:30 PM - PARADE

*NOTE: RAIN DATE - DECEMBER 5 - 1:30 PM*HR Partners...continuedWORKERS' COMPENSATION DO'S & DON'TS

(If it is a medical emergency and the employee needs immediate medical attention – send the employee straight to the emergency room. Any claim can be called in after emergency treatment is received.)

DO'SIF AN EMPLOYEE IS INJURED AT WORK,  
PLEASE TAKE THE FOLLOWING STEPS:

1. FILL OUT EMPLOYEE INJURY REPORT.
2. IF EMPLOYEE **DOES NOT** ELECT MEDICAL TREATMENT – SEND COMPLETED EMPLOYEE INJURY REPORT TO WC REP IN HR AND NO FURTHER ACTION NEED BE TAKEN.
3. IF EMPLOYEE **DOES** ELECT MEDICAL TREATMENT, HAVE SUPERVISOR/DESIGNEE CALL DOAS **1-877-656-7475**. (THE ECRH UNIT # IS: 2724)
4. IF EMPLOYEE **DOES** ELECT MEDICAL TREATMENT, EMPLOYEE MUST CALL AMERISYS **1-800-900-1582**.
5. SEND ORIGINAL EMPLOYEE INJURY REPORT WITH CLAIM # ON IT WITH EE TO CLINIC/HOSPITAL AND SEND COPY TO HR.
6. SEND/GIVE ALL MEDICAL DOCUMENTATION TO HR (EE IS TO SEE WC REP AFTER EACH APPT.)
7. CALL WC REP. (MELANIE HARRIS) IN HR FOR QUESTIONS AT (706) 792-7012/7177.

DON'TSIF AN EMPLOYEE IS INJURED AT WORK,  
PLEASE **DO NOT** DO THE FOLLOWING:

1. DON'T CALL DOAS IF EMPLOYEE IS **NOT** SEEKING MEDICAL ATTENTION.
2. DON'T CALL AMERISYS IF EMPLOYEE IS **NOT** SEEKING MEDICAL ATTENTION.
3. DON'T FORGET TO SEND **ALL** EMPLOYEE INJURY REPORTS TO WC REP IN HR WHETHER OR NOT EMPLOYEE SEEKS MEDICAL ATTENTION.
4. DON'T FORGET TO SEND/GIVE ALL MEDICAL DOCUMENTATION TO THE WC REP IN HR.
5. DON'T FORGET TO CALL THE WC REP (MELANIE HARRIS) IN HR FOR QUESTIONS AT (706) 792-7012/7177.





# East Central Regional Hospital 2013 Mayors Christmas Motorcade



## December 12th

10:00 AM– 11:45 AM

Social Meet & Greet

12:00 Noon

Lunch

1:15 PM

Recognition Program



Please RSVP for Lunch

For more info, contact Ranita Keener at ext. 7075



## *ECRH Christmas Tree-Lighting Ceremony Augusta Campus*

*You are cordially invited to the lighting  
of the campus Christmas tree*

DATE: *Tuesday; December 3, 2013*

LOCATION: *ECRH/Augusta Campus Gym*

TIME: *5:30 PM*

*Come enjoy music of the  
season, Mime, "Sole" of the  
Rhythm and Class Cloggers,  
a celebration Sermonette,  
and refreshments, too!!*



*A good time is sure to be had by all who attend!*

**Gracewood Campus**  
**Work Therapy's Christmas Craft Sale**

November 27, 2013  
 December 2, 2013

Richmond Community Federal Credit Union  
 Work Therapy Department, Building 22

8:30am – 12:00pm  
 9:00am – 4:00pm



**Augusta Campus**  
**Work Therapy's Christmas Craft Sale**

The individuals in Work Therapy - Augusta Campus training classes have been working to sort, organize, and learn to create decorative holiday items to sell. As a part of the training class, the individuals will be learning and practicing appropriate customer service skills. Please come visit Work Therapy in Building #9 from 9:30am to 12:15pm and 1:15pm to 2:00pm on 11/26 and 11/27 to preview the items for sale. This will allow the Work Therapy individuals to practice their customer service skills by showing you what they have for sale.

**OPEN**

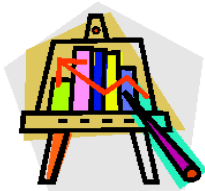
**WHEN:** December 3<sup>rd</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> from 9:30am to 12:15pm and 1:15pm to 2:00pm

**WHERE:** Work Therapy Building #9

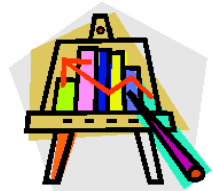
**WHAT:** Holiday Ornaments, Wreaths, Teardrops, and much more



## The Quality Corner - News & Information From Quality Management



### Quality Management Department Update



Quality Management appreciates the efforts of Plant Operations Manager Stanley Stiles and Safety Officer Jennifer Sosebee in leading Environmental Rounds over the past few weeks. Environment of Care is an area of the Joint Commission Standards that requires our constant attention to remain in compliance. Thanks to all staff who help keep us up to standards in maintaining a safe environment at our Hospital.

The 2014 Joint Commission National Patient Safety Goals have been released. We will be updating and sending out the new posters over the next several weeks. We also will be working with HRD to ensure that the information on our badges remains correct and current.

As a reminder, please note that the old Joint Commission Periodic Performance Review (PPR) has changed to the Function Standards Assessment (FSA), which in turn now comprises the major portion of the Intracycle Monitoring (ICM) process. We have already submitted our first FSA for our Lab under the new system. Thanks to Billy Hamilton and his staff for their assistance in successfully getting us through this initial process. Our FSA for 2014 for Hospital, Behavioral Healthcare, and Medicaid/Medicare Long-Term Care will be due this spring. QM will be contacting various key members of our Leadership Team over the next several months as we make the change-over from the PPR to the FSA.

As we enter the holiday season, Quality Management reminds everyone to please take quality time to spend with family and friends. We wish everyone a Happy and Safe holiday season.

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## Mental Health First Aid

**Please note the course time has been reduced from 12 to 8 hours.**

**Tuesday, December 17th**

**12:30 pm-5:00 pm**

**and**

**Wednesday, December 18<sup>th</sup>**

**8:00 am-12:30 pm**

**Attendance both days is required to complete the course and obtain a certificate.**

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illness and substance use disorders. It is offered in the form of an interactive 2-day course that presents an overview of mental illness and substance use disorders in the U.S. and will introduce participants to risk factors and warning signs of mental health problems, build an understanding of their impact, and provide overviews of common treatments.

Those who take the 8-hour course learn a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. A certificate is awarded to each individual who successfully completes the course.

**Clinical staff, especially HSTs, who are interested in completing this course should contact their Nurse Manager to reserve a place in one of these classes.**

Contact Lorraine Jackson CNS, Educator, via email for further information. [lwjackson@dhr.state.ga.us](mailto:lwjackson@dhr.state.ga.us)



## Pharmacy Update

# I CAN

## Protect My Individuals From High Risk Medications

### **I**nsulin

Identify the individual using at least two methods.  
Two nurses double-check for the correct type of insulin and correct dose.  
Both nurses sign the MAR verifying all is correct  
Never use "u" to abbreviate "units."

**\*\*Insta-glucose oral gel & Glucagon injection are available  
in the Emergency Cart Medication Kit\*\***

### **C**lozapine (Clozaril)

Identify the individual using at least two methods.  
Two nurses verify the correct dose.  
Verify the correct lab tests (ANC and WBC) have been drawn.

### **A**nticoagulants (Coumadin, Lovenox, Fragmin)

Identify the individual using at least two methods.  
Two nurses verify the correct dose.  
Verify the correct lab tests (INR, platelets) have been drawn.  
Verify no sites of excess bleeding or bruising.

### **N**arcotics/Opiates

Identify the individual using at least two methods.  
Verify the correct dose.  
Ensure naloxone (Narcan) injection is accessible to the living area.  
**\*\*Naloxone injection is available in the Emergency Cart Medication Kit\*\***

For questions about High Risk Medications, contact your Pharmacist or call the Pharmacy at 790-2496.

Approved by the ECRH P&T Committee: November 15, 2013



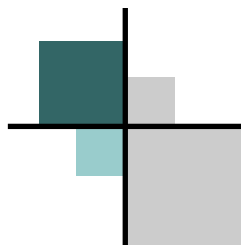


## Training at a Glance - December

CLASS	DATE	TIME	PLACE
NEO Principles of Recovery	12/2/2013	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO PNS Professional	12/2/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room Lab
NEO PNS End User	12/2/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care #2	12/2/2013 12/3/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Infection Control	12/3/2013	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Incident Management	12/3/2013	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
NEO Safety Care #1	12/4/2013 12/5/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care #2	12/4/2013 12/5/2013 12/6/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99B
NEO Safety Care #2	12/4/2013 12/5/2013 12/6/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
EMR Nurses	12/4/2013	8:00 a.m.-1:30 p.m.	BLDG 5 Computer Lab
CPRA	12/4/2013	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	12/4/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS End User	12/4/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-D E&R
Updated Incident Management	12/4/2013	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Lab
PBS Training	12/5/2013 12/6/2013	8:30 a.m.-4:30 p.m. 8:30 a.m.-4:30 p.m.	BLDG 20
CPRC	12/5/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	12/5/2013	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Updated PNS Professional	12/5/2013	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
NEO CPRA	12/6/2013	12:30 p.m.-4:00 p.m.	BLDG 103-C Room C-23
First Aid	12/6/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO CPRC	12/6/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Principles of Recovery	12/6/13	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-C Room C-23
Infection Control	12/6/2013	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Safety Care #1	12/6/2013	8:00 a.m.-4:30 p.m.	BLDG 99L
Updated Safety Care #2	12/7/2013	8:00 a.m.-4:30 p.m.	BLDG 99L
(Weekend)	12/8/2013	8:00 a.m.-12:00 p.m.	

## Training at a Glance - December

CLASS	DATE	TIME	PLACE
NEO First Aid	12/9/2013	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Medical Emergency Response System	12/9/2013	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	12/9/2013	1:00 pm.-4:30 p.m.	BLDG 103-C Lab
Updated Seizure Management	12/9/2013	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care #2	12/9/2013 12/10/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Safety Care #2	12/9/2013 12/10/2013 12/11/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99B
NEO Observation of Individual to Ensure Safety	12/10/2013	10:30 a.m.-1:30 p.m.	BLDG 103-C Room C-23
Seclusion and Restraint	12/10/2013	1:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
CPRC	12/10/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Incident Management	12/10/2013	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-18
Updated PNS End User	12/10/13	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated Safety Care #2	12/10/2013 12/11/2013	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
TIP	12/11/2013	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	12/11/2013	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Infection Control	12/11/2013	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Principles of Recovery	12/11/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Safety Care #1	12/11/2013 12/12/2013	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99B
NEO PNS Professional	12/12/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	12/12/2013	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care #2	12/12/2013 12/13/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L



## Safety Shop

The Hazard Communication Standard (HCS) requires chemical manufacturers, distributors, or importers to provide **Safety Data Sheets (SDSs) (formerly known as Material Safety Data Sheets or MSDSs)** to communicate the hazards of hazardous chemical products. As of June 1, 2015, the HCS will require new SDSs to be in a uniform format, and include the section numbers, the headings, and associated information under the headings below:

**Section 1: Identification** includes product identifier; manufacturer or distributor name, address, phone number; emergency phone number; recommended use; restrictions on use.

**Section 2: Hazard(s) identification** includes all hazards regarding the chemical; required label elements.

**Section 3: Composition/information on ingredients** includes information on chemical ingredients; trade secret claims.

**Section 4: First-aid measures** includes important symptoms/ effects, acute, delayed; required treatment.

**Section 5: Fire-fighting measures** lists suitable extinguishing techniques, equipment; chemical hazards from fire.

**Section 6: Accidental release measures** lists emergency procedures; protective equipment; proper methods of containment and cleanup.

**Section 7, Handling and storage** list precautions for safe handling and storage, including incompatibilities.

**Section 8, Exposure controls/personal protection** lists OSHA's Permissible Exposure Limits (PELs); Threshold Limit Values (TLVs); appropriate engineering controls; personal protective equipment (PPE).

**Section 9, Physical and chemical properties** lists the chemical's characteristics.

**Section 10, Stability and reactivity** lists chemical stability and possibility of hazardous reactions.

**Section 11, Toxicological information** includes routes of exposure; related symptoms, acute and chronic effects; numerical measures of toxicity.

**Section 16, Other information**, includes the date of preparation or last revision.

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management please contact Jennifer Sosebee, Safety Officer, at 706-790-2400/2401. Or e-mail at [jgsosebee@dhr.state.ga.us](mailto:jgsosebee@dhr.state.ga.us).

**HELP ME HELP YOU** make ECRH a safe place for our individuals, visitors and staff.

# Standardization

**MSDSonline**  
EH&S Compliance Made Simple

## FLAMMABLE LIQUIDS (CHAPTER 2.6)

### Hazard category

1	Danger
2	Danger
3	Warning

### Signal word

### Hazard statement

H224	Extremely flammable liquid and vapour
H225	Highly flammable liquid and vapour
H226	Flammable liquid and vapour

Symbol  
Flame

### Precautionary statements

Prevention	Response	Storage	Disposal
<p>P210 Keep away from heat/sparks/open flames/hot surfaces. - No smoking. Manufacturer/supplier or the competent authority to specify applicable ignition source(s).</p> <p>P233 Keep container tightly closed.</p> <p>P240 Ground/Bond container and receiving equipment - if electrostatically sensitive material is for reloading - if product is volatile so as to generate hazardous atmosphere</p> <p>P241 Use explosion proof electrical/ventilating/lighting... equipment. ... Manufacturer/supplier or the competent authority to specify other equipment.</p> <p>P242 Use only non-sparking tools.</p> <p>P243 Take precautionary measures against static discharge.</p> <p>P280 Wear protective gloves/eye protection/face protection Manufacturer/supplier or the competent authority to specify type of equipment.</p>	<p>P303 + P361 + P353 IF ON SKIN (or hair): Remove/Take off immediately all contaminated clothing. Rinse skin with water/shower.</p> <p>P370 + P378 In case of fire: Use ... for extinction. ... Manufacturer/supplier or the competent authority to specify appropriate media. - if water increases risk</p>	<p>P403 + P231 Store in a well-ventilated place. Keep cool.</p>	<p>P501 Dispose of contents/container to... in accordance with local/regional/national/international regulations (to be specified).</p>

## Occupational Health - GERD

Gastroesophageal reflux disease (GERD) is a chronic digestive disease that occurs when stomach acid or, occasionally, bile flows back (refluxes) into your food pipe (esophagus). The backwash of acid irritates the lining of your esophagus and causes GERD signs and symptoms.

Signs and symptoms of GERD include acid reflux and heartburn. Both are common digestive conditions that many people experience from time to time. When these signs and symptoms occur at least twice each week or interfere with your daily life, doctors call this GERD.

Most people can manage the discomfort of heartburn with lifestyle changes and over-the-counter medications. But for people with GERD, these remedies may offer only temporary relief. People with GERD may need stronger medications, even surgery, to reduce symptoms.

GERD signs and symptoms include: A burning sensation in your chest (heartburn), sometimes spreading to the throat, along with a sour taste in your mouth; Chest pain; Difficulty swallowing; Dry cough; Hoarseness or sore throat; Regurgitation of food or sour liquid; Sensation of a lump in the throat.

**When to see a doctor:** Seek immediate medical attention if you experience chest pain, especially when accompanied by other signs and symptoms, such as shortness of breath or jaw or arm pain. These may be signs and symptoms of a heart attack.



Make an appointment with your doctor if you experience severe or frequent GERD symptoms. If you take over-the-counter medications for heartburn more than twice per week, see your doctor.

GERD is caused by frequent acid reflux — the backup of stomach acid or bile into the esophagus. When you swallow, the lower esophageal sphincter — a circular band of muscle around the bottom part of your esophagus — relaxes to allow food and liquid to flow down into your stomach. Then it closes again. However, if this valve relaxes abnormally or weakens, stomach acid can flow back up into your esophagus, causing frequent heartburn and disrupting your daily life. This constant backwash of acid can irritate the lining of your esophagus, causing it to become inflamed (esophagitis). Over time, the inflammation can erode the esophagus, causing complications such as bleeding or breathing problems.

Conditions that can increase your risk of GERD include: Obesity; Hiatal hernia; Pregnancy; Smoking; Dry mouth; Asthma; Diabetes; Delayed stomach emptying; Connective tissue disorders; Zollinger-Ellison syndrome.



Over time, chronic inflammation in your esophagus can lead to complications such as narrowing of the esophagus (esophageal stricture). Damage to cells in the lower esophagus from acid exposure leads to formation of scar tissue. The scar tissue narrows the food pathway, causing difficulty swallowing. Open sore in the esophagus (esophageal ulcer). Stomach acid can severely erode tissues in the esophagus, causing an open sore to form. The esophageal ulcer may bleed, cause pain and make swallowing difficult. Precancerous changes to the esophagus (Barrett's esophagus). In Barrett's esophagus, the color and composition of the tissue lining the lower esophagus change. These changes are associated with an increased risk of esophageal cancer. The risk of cancer is low, but your doctor will likely recommend regular endoscopy exams to look for early warning signs of esophageal cancer.

Treatment for heartburn and other signs and symptoms of GERD usually begins with over-the-counter medications that control acid. If you don't experience relief within a few weeks, your doctor may recommend other treatments, including prescription medications and surgery.



Lifestyle changes may help reduce the frequency of heartburn – maintain a healthy weight; avoid tight-fitting clothing, avoid foods/drinks that trigger heartburn; eat smaller meals; don't lie down after a meal; elevate the head of your bed; and don't smoke.



*Information Taken From: MayoClinic.com*



## Out & About



Bartlett Tree Service removes dead trees from the Gracewood Campus.



Shopping at the Jewelry Sale to benefit the State Charitable Contributions Program.



Augusta Tech students provide manicures for Camellia individuals.



Bill Cawley installs a threshold in a doorway in TEC 19.



Dannie Tanksley strings the lights on the Gracewood Christmas tree.



Nancy Fleming decorates in preparation for the Gracewood tree lighting.





## Out & About



## December Birthdays

December 1	Valerie P. Phillips	December 13	Tavares Deon Powell
December 2	Dionne N.M. Ross		Mona Mykisha Thomas
December 3	James Arthur Fitts	December 14	Jonathan L. Graham
December 4	Debra P. Brizius	December 15	Shmiker L. Brown
	Demarkus B. Houck		Clarence A. Ellis
	Eddie L. Scurry	December 16	Cassandra L. Love
December 5	Cindy LaTrell Beck		Michelle N. Moss
	Tanya D. Brown		Thea O. Turner
	Carrie J. Childs		Glenn D. Williams
	Benita D. Garnett	December 17	LeAnne K. Bowie
	Regenia Harrison-Moore		Ella M. Brigham
	Betty A. Polk		Charvia Dyshell Manor
December 6	Beth Drummer	December 18	Judith Griffith
	Jenifer R. Eubanks		Teresa L. McGahee
	Barbara Ann McClary	December 19	Melissa A. Collins
	Victor Tyrone Peterson		Harold W. Earnest
	Melinda Smith-Grant		Ranita Evans Keener
	Steven L. Webb		Rhonda Faye Phillips
December 7	Keena L. Buoy	December 21	Christine McGuire
	Angela J. Fralix		Tramisha Mullings
December 8	Elliott J. Brown, Jr.		Mary R. Murray
	Jason Nathaniel Jones		Charity Alexandria Sims
	Loretta P. Ray	December 22	Rosemary Beard
	Tabitha R. Snellings		Linda Sue Doyle
	Carl E. Williams		Tiffany M. Marshall
December 9	Leroy A. Mack		Travia N. Roberson
	Zelma Turner	December 23	Delores A. Boston
	Judith L. Wolfe		Patricia A. James
December 10	Lamonie C. Brown		Adrienne Francis Oakman
December 11	Joe T. Beard		Christopher D. Ray
	Carol D. Waller	December 24	Addie D. Griffin
December 12	Bessie Butler		Cynthia Andrews Nelson
	Almedia D. Johnson		Lynette L. Walton
	Tisia M. Larsuel	December 25	Michelle E. Hughes
	Eula Mae Woodruff		Gisela M. Rosa Del Moral
December 13	Robert P. Camanini	December 26	Wells W. McCorkle, Jr.
	Renata S. Collins		Sharon P. Williams
	Mae R. Johnson	December 27	Jennifer Leigh Spohn
	Elizabeth M. McCorkle		Rocky V. Watts II



## More December Birthdays

December 28	Alicia J. Clark Christine Nicholson Lauren W. Williams Linda Y. Evans
December 29	Erica D. Albea Dandra Nadine Briscoe Gloria Jean Chandler-McIntyre Claude F. Harris Mickey L. Johnson Patrick M. Molitor
December 30	Geraldine T. Burch Robin Lee Chavous Atira Donache Cotman Paige R. Ingram Evelyn G. Lawrence Judy F. Middleton
December 31	Melanie Denise Harris Andrea Elaine Williams-Mays



### Blood Drive Honor Roll

Patricia J. Meely	Debra P. Brizius
Debra T. Barnes	Wanda J. Boone
Eric W. Marriott	Latonia G. Young
Julie P. Steinbeck	James E. Allen
Teresa A. Smoak	Pearl A. Ivey
Altat Hussain	Laudina L. Lariviere
Felicia Mitchell	Fredereicka J. Murray
Freddie L. Jones	Holley L. Hill
Betty R. Jenkins	Carolyn Lawson
John S. Bugg, Jr.	Thomas S. Lee
William W. Martin	Dawn M. Peel
Felicia D. Jenkins	Ronald A. Hyman
Heather McCullough	



**Sheppard Community  
Blood Center**

## **Thanksgiving Day is a State Holiday**



**November 28, 2013**

## **Robert E. Lee's Birthday is a State Holiday**



**Observed on  
November 29, 2013**



## Language Line Services

ECRH's Language Access Coordinator is Lisa Kuglar. The LAC ensures that both language and sensory impairment needs of the consumers and families of East Central Regional Hospital are addressed. Did you know that Spanish is the second most spoken language in the United States? East Central Regional Hospital has two certified staff that speak Spanish. The hospital contracts with Latin American Translators Network, Inc. (LATN) for interpreting services for both language and sensory impairment needs.

If you have a consumer or family that needs interpreting services please notify the Language Access Coordinator, Lisa Kuglar, at 706-792-7171 for assistance. After hours, contact the Admitting/Receiving staff at 706-792-7006 so that arrangements can be made for interpreting. You can also e-mail Lisa Kuglar at [lkuglar@dhr.state.ga.us](mailto:lkuglar@dhr.state.ga.us).

The Notice of Free Interpretation Services should be posted in all public and consumer areas. Language Line services may be used in emergency cases or when you have an immediate need for interpreting. To access the language line, follow the instructions below:

### When receiving a call:

1. Tell the Limited English speaker to please hold.
2. Press the "Tap" button on the phone.
3. Dial 9-1- (866) 874-3972.
4. Enter on the telephone keypad or provide to the representative the 6 digit Client ID below:
  - \* 6-digit Client ID: **5 1 3 3 0 8**
  - \* Press 1 for Spanish
  - \* Press 2 for all other Languages (Speak the name of the language at the prompt) an interpreter will be connected to the call.

***You may press 0 or stay on the line for assistance.***

5. Brief the Interpreter. Summarize what you wish to accomplish and give any special instructions.
6. Press "Tap" button to connect the Limited English speaker.

### When placing a call to a Limited English speaker, begin at Step 2 above.

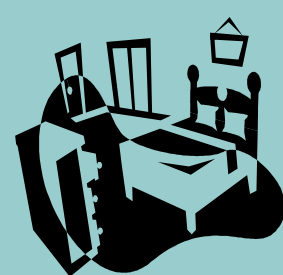
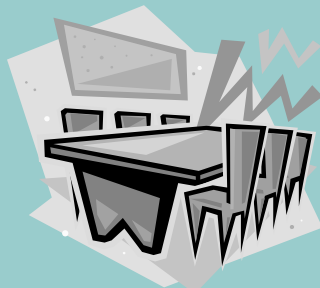
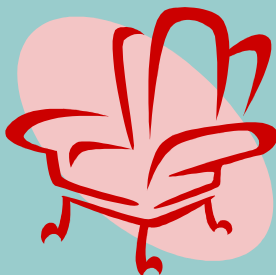
### When a Limited English speaking person is present in the workplace:

1. Use the Gold Language Identification Card showing the geographical region where you believe the limited speaker may come from. The message underneath each language says: "Point to your language. An Interpreter will be called. The interpreter is provided at no cost to you."
2. Refer to the Quick Reference Guide to access an interpreter through Language Line Services.
3. If unable to identify the language, the representative will help you.

**For more information you may visit the Language Line Services website at [www.language.com](http://www.language.com).**

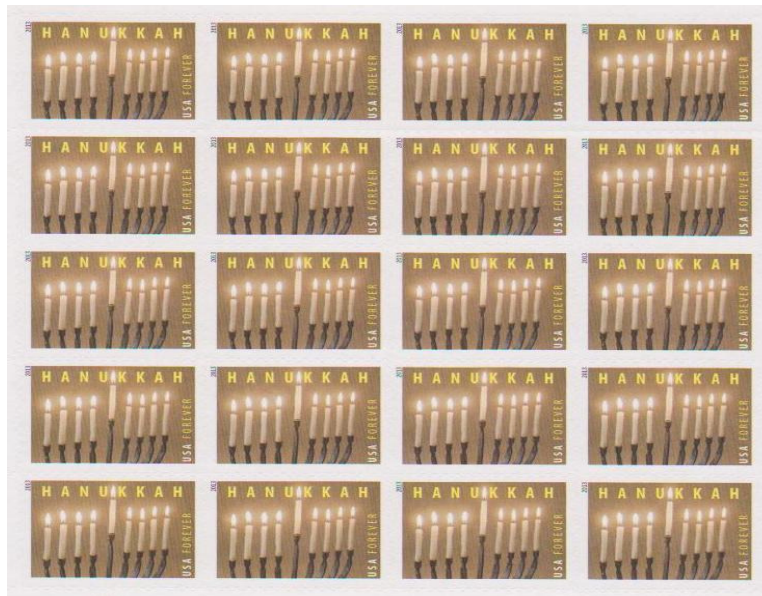
## Classifieds

**FOR SALE:** Power chair, Red - asking \$500 OBO. Nice dining room table- seats 6 (no chairs) \$200 OBO. Emerald (jade) green/black queen size bedroom set (without mattress) \$200 OBO. Call 706-836-8935.

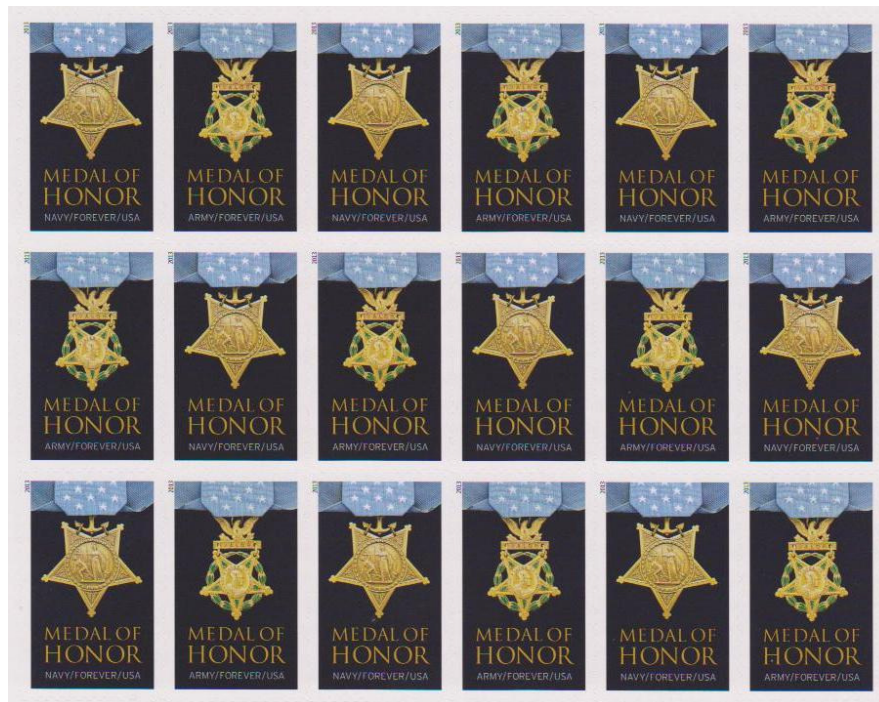


**Gracewood Post Office****New Window Hours****M-F 9:00 am-12:00 noon****1:30 pm-4:30 pm****Sat 9:00 am-10:45 am**

**Visit the Gracewood Post Office today and ask Frank Deas about renting a Post Office Box!**



**Available  
Now!**



**Available  
Now!**



Looking for a new vehicle?  
**For the rest of 2013**, Richmond Community Federal Credit Union is offering new car rates as low as **2.10% for 60 months\*!**

Whether you are in the market for a new car, a new home, a personal loan or a Visa card, come see us for all of your lending needs!

**Richmond Community Federal  
Credit Union Holiday Hours:**

November 28-29, 2013 - Closed - Thanksgiving

December 24, 2013 - Closing at 12:00pm -  
Christmas Eve

December 25-26, 2013 - Closed - Christmas

January 1, 2014 - Closed - New Years Day



**12.12.12**



**Holiday Loan Special\*!**

**\$1,200.00**

**12 Months**

**12% Fixed APR\***

Let us help you make your Holiday stress free. Richmond Community will offer the Holiday Loan from November 1, 2013 until January 31, 2014. See a loan officer today to apply.

*\*Certain credit and policy restrictions will apply. All loans are subject to credit approval.*

**Paper Statement Fee:**

Due to increasing cost in postage and production, Richmond Community Federal Credit Union finds it necessary to implement a fee of \$2.00 (per paper statement) for all statements that are printed and mailed to members. This fee will be assessed on the last day of each month **beginning December 31, 2013.**

We encourage you to sign up for e-Statements. This convenient and free service will allow you to receive your statements faster and more securely from our online banking website, RCFCU@Home. By enrolling in e-Statements, you will not be assessed the \$2.00 paper statement fee.

[www.richmondcommunityfcu.org](http://www.richmondcommunityfcu.org)

2048 Tobacco Rd. Gracewood, Ga. 30812

(706)-790-1776

## What's in a Month?

### December is...

Made in America Month  
Hi Neighbor Month  
National Stress Free Month  
Family Holiday Month  
Bingo's Birthday Month  
Read a New Book Month

Holiday Thank You Month  
Interfaith Month  
Safe Toys and Gifts Month  
Stress Free Holidays Month  
Universal Human Rights Month  
Write a Friend Month



### And...

<b><u>December 1</u></b> World AIDS Awareness Day Eat a Red Apple Day	Human Rights Day Sister-friend Day	Forefather's Day National Flashlight Day Look on the Bright Side Day
<b><u>December 2</u></b> National Fritters Day	<b><u>December 11</u></b> National Noodle Ring Day	<b><u>December 22</u></b> National Date Nut Bread Day
<b><u>December 3</u></b> National Roof Over Your Head Day First Day of Advent	<b><u>December 12</u></b> Poinsettia Day Foster Child Day National Ding-A-Ling Day	<b><u>December 23</u></b> Feast of the Radishes Day Roots Day Festivus
<b><u>December 4</u></b> Santa's List Day Wear Brown Shoes Day	<b><u>December 13</u></b> Santa Lucia Day Ice Cream Day Violin Day	<b><u>December 24</u></b> Christmas Eve National Chocolate Day National Egg Nog Day
<b><u>December 5</u></b> Bathtub Party Day Repeal Day	<b><u>December 14</u></b> National Bouillabaisse Day	<b><u>December 25</u></b> Christmas Day National Pumpkin Pie Day
<b><u>December 6</u></b> St. Nicholas Day Mitten Tree Day Put on Your Own Shoes Day	<b><u>December 15</u></b> Underdog Day Bill of Rights Day National Lemon Cupcake Day	<b><u>December 26</u></b> Kwanzaa Boxing Day
<b><u>December 7</u></b> Pearl Harbor Day Letter Writing Day Teacher's Appreciation Day International Civil Aviation Day National Cotton Candy Day	<b><u>December 16</u></b> National Chocolate Covered Anything Day	<b><u>December 27</u></b> Make Cut Out Snowflakes Day National Fruitcake Day
<b><u>December 8</u></b> International Children's Day National Brownie Day Take it in the Ear Day Immaculate Conception	<b><u>December 17</u></b> Pan American Aviation Day Wright Brothers Day National Maple Syrup Day	<b><u>December 28</u></b> Holiday Breather Day Card Playing Day
<b><u>December 9</u></b> Weary Willie Day Christmas Card Day National Pastry Day	<b><u>December 18</u></b> National Roast Suckling Pig Day Bake Cookies Day	<b><u>December 29</u></b> Pepper Pot Day
<b><u>December 10</u></b>	<b><u>December 19</u></b> Look for an Evergreen Day Oatmeal Muffin Day	<b><u>December 30</u></b> National Bicarbonate of Soda Day
	<b><u>December 20</u></b> Go Caroling Day	<b><u>December 31</u></b> New Year's Eve Make Up Your Mind Day Unlucky Day
	<b><u>December 21</u></b> Humbug Day	



## East Central Regional



DBHDD

Nan M. Lewis  
Regional Hospital  
Administrator

Dr. Vicky Spratlin  
Clinical Director

Mickie Collins  
Chief Operating Officer

Augusta Campus  
3405 Mike Padgett Highway  
Augusta, Georgia 30906

Gracewood Campus  
100 Myrtle Boulevard  
Gracewood, Georgia 30812

Teresa Crouch  
Publisher

Harold "Skip" Earnest  
Editor/Photographer

### NOTICE

Items for publication must be submitted in written form. The upcoming issue's deadline is December 6, 2013. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.



### Our Mission

The mission of East Central Regional Hospital is to provide safe, competent and compassionate services to persons with mental illness and/or developmental disabilities.

### Our Vision

The vision of our Facility is to be a center of excellence in the provision of comprehensive, responsive and compassionate care for consumers and their families.

### Our Values

East Central Regional Hospital is caring and therefore, responsive to our consumers, their families, stakeholders and our employees through commitment to our core values:

**I**ntegrity

**C**ommunication & Collaboration

**A**ccountability

**R**ecognition through Relationships

**E**mpowerment through Excellence



Accredited

by

The Joint Commission

### Campus Marques

Deadline for submission of

**JANUARY MESSAGES**

**December 23, 2013**

Submit information to Teresa Crouch

Gracewood Campus

Extension 2030

**(Information must be submitted on or before the indicated date  
to be placed on Marques for the following month.)**

## **ECRH Jobs List**

This is a list of job openings currently available at East Central Regional Hospital. For further information regarding these positions, please go to the DBHDD webpage at [www.dbhddjobs.com](http://www.dbhddjobs.com).

**Activity Therapist - Forensic Unit II**

**Activity Therapist - Redbud Unit**

**Associate Nurse Executive - Augusta Campus**

**Behavioral Health Social Worker (MSW) - AMH**

**Certified Nursing Assistant 1 (multiple shifts available)**

**Clinical Dietitian**

**CNA 2**

**DD Shift Supervisor - Gracewood Campus**

**Economic Support Specialist**

**Facility Safety Officer - Corporal**

**Food Service Worker (AL)**

**Health Care Worker**

**Health Service Technician 1 - Augusta Campus**

**Health Service Technician 1 - Gracewood Campus**

**Health Service Technician 1 - Occupational Health**

**Health Service Technician 2 - Occupational Health**

**Health Services Technician 2 - Augusta Campus**

**Health Services Technician 2 - Gracewood Campus**

**Housekeeper**

**Housekeeper - Hourly**

**Houseparent / Health Care Worker- Community Integration Home - Second Shift**

**HVAC Repair Technician**

**Landscape Gardener**

**LPN - 1st Shift- Augusta Campus**

**LPN - 1st Shift- Gracewood Campus**

**LPN - 2nd Shift- Augusta Campus**

**LPN - 2nd Shift- Gracewood Campus**

**LPN - 3rd Shift- Augusta Campus**

**LPN - 3rd Shift- Gracewood Campus**

**MH Shift Supervisor**

**Occupational Therapist**

**Operations Analyst / Performance Improvement Coordinator**

**Physicians Assistant**

**Procurement Officer**

**RN - Augusta Campus**

**RN - Charge Nurse - Augusta Campus**

**RN - Charge Nurse - Gracewood Campus**

**RN - Forensic Mall**


**RN - Gracewood Campus**

# December Menus

<b>SUNDAY</b> <b>12-01-13</b>	<b>MONDAY</b> <b>12-02-13</b>	<b>TUESDAY</b> <b>12-03-13</b>	<b>WEDNESDAY</b> <b>12-04-13</b>	<b>THURSDAY</b> <b>12-05-13</b>	<b>FRIDAY</b> <b>12-06-13</b>	<b>SATURDAY</b> <b>12-07-13</b>
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Toss Sld w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Rice Peas & Carrots Peaches Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Meatloaf w/Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shredded Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef w/Gravy Noodles Green Beans Tossed Sld w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears Saltine Crackers Choc Chip Cookies Iced Tea	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea

<b>SUNDAY</b> <b>12-08-13</b>	<b>MONDAY</b> <b>12-09-13</b>	<b>TUESDAY</b> <b>12-10-13</b>	<b>WEDNESDAY</b> <b>12-11-13</b>	<b>THURSDAY</b> <b>12-12-13</b>	<b>FRIDAY</b> <b>12-13-12</b>	<b>SATURDAY</b> <b>12-14-13</b>
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Pancakes Sliced Bacon Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Ham Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sausage Links Dry Cereal Toast/Marg/Jelly Coffee/2% Milk
Chuckwagon Steak w/Cream Gravy Mashed Potatoes Collard Greens Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Pepper Steak w/Steamed Rice Squash Tossed Salad/Drsg Roll/Margarine Brownie/Icing Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Applesauce Wheat Roll/Marg Cake w/ Icing Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/Sl Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea	Baked Chicken Rissolo Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	Meatloaf w/Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrzini Carrots Tossed Sld w/Drsg Garlic Bread Peanut Butter Cookies Iced Tea	Bkd Rigatoni/Beef Broccoli Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey w/Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld Cornbread/Marg Fresh Fruit Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	*Fried Fish w/Tartar Sauce Spanish Rice Okra Green Sld w/Drsg Bread/Margarine Apple Crisp Iced Tea <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	Turkey Salad Saltine Crackers Pickled Beet Salad Bread/Margarine Apricot Halves Iced Tea

<b>SUNDAY</b> <b>12-15-13</b>	<b>MONDAY</b> <b>12-16-13</b>	<b>TUESDAY</b> <b>12-17-13</b>	<b>WEDNESDAY</b> <b>12-18-13</b>	<b>THURSDAY</b> <b>12-19-13</b>	<b>FRIDAY</b> <b>12-20-13</b>	<b>SATURDAY</b> <b>12-21-13</b>
Banana Scrambled Eggs w/Sausage Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sliced Ham Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Corn Collard Greens Carrot/Raisin Salad Bread/Margarine Peach Slices Iced Tea / 2% Milk	Fried Chicken Au Gratin Potatoes Mixed Vegetables Lettuce/Tomato Sld w/Drsg Wheat Roll/Marg Oatmeal/Raisin Cookies Iced Tea/2% Milk	Roast Pork w/Gravy Cnd Swt Potatoes Field Peas Pickled Beet/Onion Salad Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Spaghetti w/Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea /2% Milk	Baked Chicken Macaroni / Cheese Seas Turnip Greens Sliced Peaches Cornbread/Marg Ice Cream Iced Tea/2% Milk	Roast Beef w/Gravy Mashed Potatoes Seasoned Squash Peach/Pear Mix Roll/Margarine Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Sld Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun w/Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Baked Beans Lett/Tomato Sld w/Drsg Pound Cake Iced Tea	Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	BBQ Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	Ham Ndl Casserole Garden Peas Copper Penny Sld Bread/Margarine Sugar Cookies Iced Tea	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw Peanut Butter Cookies Iced Tea

<b>SUNDAY</b> <b>12-22-13</b>	<b>MONDAY</b> <b>12-23-13</b>	<b>TUESDAY</b> <b>12-24-13</b>	<b>WEDNESDAY</b> <b>12-25-13</b>	<b>THURSDAY</b> <b>12-26-13</b>	<b>FRIDAY</b> <b>12-27-13</b>	<b>SATURDAY</b> <b>12-28-13</b>
Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sliced Ham Dry Cereal Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk
Chuckwagon Steak w/Cream Gravy Oven Brwn Potatoes Carrots Cucumber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Green Beans Potato Salad Roll/Margarine Coconut Cake Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sli. Tomato Sld Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	<b>GLAZED PORK CHOPS MASHED SW. POTATOES PRINCE EDWARD BLEND VEGETABLES RED GELATIN w/PEACHES ROLLS/MARGARINE DESSERT ICED TEA/2% MILK</b> 	*Fried Fish w/Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Hamburger Steak w/Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Sld w/Drsg P'Butter Cookies Iced Tea	Hot Dog / Bun Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/Margarine Sugar Cookies Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea